



## **Clinical Confidence & Communication**

*A free guide packed with practical strategies to help improve clinical confidence, decision-making, and patient communication.*

### **1. Slow Down Before You Speak**

*Pause for 2–3 seconds before answering difficult questions or presenting a plan. A brief pause improves clarity, confidence, and clinical reasoning.*

### **2. Use Structured Communication**

*Organize presentations using a repeatable framework such as: chief concern ® key findings ® differential ® plan.*

### **3. Replace “I Don’t Know” With Clinical Curiosity**

*Try phrases like: “Here’s what I’m considering,” or “My leading concern is...” to demonstrate reasoning while staying open-minded.*

### **4. Build Confidence Through Repetition**

*Confidence comes from pattern recognition. Review cases, practice presentations, and reflect on what went well after each shift.*

### **5. Improve Patient Trust**

*Patients respond to calm, clear explanations. Use simple language, maintain eye contact, and summarize the next steps before leaving the room.*

*Created for new clinicians who want to communicate clearly, think critically, and practice with confidence.*